

WELCOME

Swimming & Diving 2020-2021

DIAA – NFHS

Rules Clinic

November 17, 2020



Agenda

- **Welcome**
 - **Go To Webinar - Attendance**
- **Swim Committee Chair & member of Board of Directors - Mike Hart**
- **DIAA Updates - Steph Mark**
- **NFHS Rules- Kent Steeves, Rules Interpreter**



DIAA STAFF

Donna Polk, Executive Director
Steph Mark, Coordinator of Athletics
Amoscita Rodriguez, Secretary

Main Number: 302-857-3365

diaa@doe.k12.de.us



DIAA PURPOSE

- to preserve and promote the **educational significance** of interscholastic athletics;
- to ensure that interscholastic sports remain compatible with the **educational mission** of the member schools;
- to provide for **fair competition** between member schools;
- to promote **sportsmanship** and ethical behavior;
- to establish and enforce **standards of conduct** for athletes, coaches, administrators, officials and spectators;
- to protect the **physical well-being** of athletes; and
- to promote **healthy adolescent lifestyles**.



DIAA

<http://www.doe.k12.de.us/diaa>

**Starting point for ALL DIAA
information and related links**



Manuals

[DOE Main](#)[Schools](#)[Instruction and Assessment](#)[Supports](#)[Educators](#)[Accountability and Performance](#)[DIAA](#)[COVID-19](#)[About DIAA](#)[Sports](#)[Athletic Directors And Coaches](#)[Officials](#)[Sports Medicine](#)[Forms and Manuals](#)[Parents and Guardians](#)

DIAA / Forms and Manuals / DIAA Manuals

DIAA MANUALS

Handbooks & Manuals

Handbooks and Manuals

[Official Handbook](#)

2020 [Fall Sports Tournament Manual](#)

2019-2020 [Winter Sports Tournament Manual](#)

2020 [Spring Tournament Manual](#)

DIAA Approved Policies

[Fall Sports](#)

[Winter Sports](#)

[Spring Sports](#)

SCRIMMAGE LIMITS

The DIAA Board of Directors has limited the number of

Sports Medicine

FOCUS

**Health and Safety of
Student-Athletes, Coaches, Staff,
Fans and Community during
COVID**



Sports Medicine Advisory Committee

Reminders for a Healthy and Safe Season



Reacclimatization of Athletes

Todd Fuhrmann, Med, ATC, CAA, PES
SMAC Committee Member
Athletic Director/Athletic Trainer
Indian River High School

SMAC



Student Athlete Safety Reminders for a Great Season
Heather Heidel, Athletic Trainer, Sussex Tech HS

Sports Medicine

PPE – Medical Card (page 5)

COACHES:

You MUST carry every athletes' Medical Card with you at ALL times. ATC will prepare and give them to you

PRACTICES & GAMES

This is page 4 from their Physical Forms
[DIAA PPE]

SCHOOL ATHLETE MEDICAL CARD

(Parent/Guardian: please print and complete Sections 1, 2 & 3)

Section 1: CONTACT/PERSONAL INFORMATION

NAME: _____ SPORT(S): _____
AGE: _____ GRADE: _____ BIRTH DATE: _____ GUARDIAN NAME: _____
ADDRESS: _____
PHONE: (H) _____ (W) _____ (C) _____ (P) _____
Other authorized person to contact in case of emergency:
NAME: _____ PHONE(s): _____
NAME: _____ PHONE(s): _____
Preference of Physician (and permission to contact if needed):
NAME: _____ PHONE: _____
HOSPITAL PREFERENCE: _____ INSURANCE: _____
POLICY #: _____ GROUP: _____ PHONE: _____

Section 2: MEDICAL INFORMATION

MEDICAL ILLNESSES: _____
LAST TETANUS (mo/yr): _____ ALLERGIES: _____
MEDICATIONS: _____
(any medications that may be taken during competition require a physician's note)
PREVIOUS HEAD/NECK/BACK INJURY: _____
HEAT DISORDER OR SICKLE CELL TRAIT: _____
PREVIOUS SIGNIFICANT INJURIES: _____
ANY OTHER IMPORTANT MEDICAL INFORMATION: _____

Section 3: Consent for Athletic Conditioning, Training and Health Care Procedures

I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare treatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, or other healthcare providers employed directly or through a contract by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. I understand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child.

Parent/Guardian Signature: _____ Date: _____
Athlete's Signature: _____ Date: _____

Section 4: Clearance for Participation

___ Cleared without restrictions ___ Cleared with the following restrictions:

Health Care Provider's Signature: _____ MD/DO, PA, NP Date: _____

For office use only: This card is valid from April 1, 20____ through June 30, 20____

Note: If any changes occur, a new card should be completed by the parent/guardian. The original card should be kept on file in the school athletic director's or athletic trainer's office. A copy should be kept in the sports' athletic kits. This card contains personal medical information and should be treated as confidential by the school, its employees, agents, and contractors.

Name of School: _____ Name of ATC: _____

Sports Medicine

Physicals

- Due to the COVID-19 pandemic, returning student-athletes that had a valid 2019-20 PPE may not be required to have a PPE until **December 31, 2020**. This means a physical that was good for the 2019-2020 season may be good for the start of the 2020-2021 season until December 31, 2020.
- Coaches must hold valid CPR certification.

Concussion:

- Parents and Athletes must read and sign PPE Concussion information sheet
- **Coaches and Officials must take the NFHS Concussion Course once every 2 years**

- **Officials course completion tracked in Dragonfly***



COVID-19

Emergency Regulation 1010/Regulation 1011 Guidelines for DIAA Interscholastic Athletics during COVID-19

- All coaches, support staff, student athletes, and officials shall take the COVID-19 pre-screening questionnaire by the host school & have their temperature taken.
- Any “yes” responses to COVID-19 symptoms - start COVID-19 protocol - temperature <100.4
- Face coverings must be worn at all times while in the building



Mask Guidance

Face coverings should be two layers that fit tightly around the mouth and nose without gaps.

Student-athletes, Coaches, Officials:

- Face coverings with valves are prohibited.
- 2 layer gaiters that fit tightly around the mouth and nose without gaps are permitted
- Neck buffs, polyester masks, bandana's and mesh shall not be worn for officials or student athletes per DPH guidelines.
- Team face coverings design must be approved by school administration.
- Face coverings may have either a manufacture logo or a school approved logo.
- Officials - may wear a whistle mask or use a face covering and an electronic whistle. Either combo is fine.



COVID-19

Regulation 1010 - Guidelines for DIAA Interscholastic Athletics during COVID-19

- COVID related face covering breaks - coaches/players must be socially distanced appropriately on the bench or if using the bleachers - use two rows.
- Players and/or coaches should be spaced at least 3" apart
- 1 hand sanitizer station per 15 people.
- Scrimmages count as a contest and cannot occur before the competition date.
- Coaches and staff should have their face covering on at all times and should not be taken down to coach



COVID-19 - DIAA Website

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COVID-19	About DIAA	Sports	Athletic Directors And Coaches	Officials	Sports Medicine	Forms and Manuals	Parents and

DIAA / COVID-19 / Return to Play Plan

RETURN TO PLAY PLAN

Coronavirus COVID-19

- DIAA Regulation 1010
- Guidance Documents
- FAQ – PPE
- AD Resources/Forms
- Screening Surveys
- COVID-19 Resources
- COVID-19 Signage

Coronavirus COVID-19



The DIAA continues to closely monitor COVID-19 and is taking proactive measures to mitigate the impact of the virus. When it comes to decision-making, our commitment is this: protect the health and safety of interscholastic student athletes.



DIAA Concussion Protocol

Shows Signs or Symptoms

- a. Remove from play - Official or Coach
- b. Evaluated by a Qualified Healthcare Professional

Qualified Healthcare Professional (QHCP) is a MD, DO, School Nurse, Nurse Practitioner, Physician's Assistant or Athletic Trainer (ATC)

Athlete must have written clearance from a QUALIFIED PHYSICIAN to return to practice or play.



Emergency Action Plan [EAP]

Create an
Action Plan and
practice it.



Emergency Action Plan Worksheet – Student Response Team

Coach/Advisor Name:			Activity:			Level:		
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1 911 TEAM			2 CPR/AED TEAM			3 AED TEAM		
CALL 911			START CPR			GET THE AED		
CALL 911. Explain emergency. Provide location.			<ol style="list-style-type: none"> Position person on back. Put one hand on top of the other on middle of person's chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression. Take turns with other responders as needed 			<ol style="list-style-type: none"> Closest AED Student 1 Student 2 		
	PRACTICE	EVENTS	Coach				PRACTICE	EVENTS
Closest Phone			Student 1					
EMS Access Point			Student 2					
Street Intersection			Student 3					
Student 1			WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS			GET THE ATHLETIC TRAINER		
Student 2			<ol style="list-style-type: none"> Remove clothing from chest. Attach electrode pads as directed by voice prompts. Stand clear while AED analyzes heart rhythm. Keep area clear if AED advises a shock. Follow device prompts for further action. After EMS takes over, give AED to Athletic Administrator for data download. 			<ol style="list-style-type: none"> Typical location Student 1 Student 2 		
MEET AMBULANCE at EMS Access Point. Take to victim.						CALL 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.		
	PRACTICE	EVENTS						
Entry Door/Gate								
Student 1								
Student 2								
CALL CONTACTS. Provide location and victim's name.								
	NAME	CELL						
Athletic Trainer								
Athletic AD								
Student 1								
Student 2								

4 HEAT STROKE TEAM			
	PRACTICE	EVENTS	
Tub Location			
Water Source Location			
Ice Source Location			
Ice Towel Location			
Student 1			
Student 2			

PREPARE TUB DAILY		
	PRACTICE	EVENTS
Student 1		
Student 2		

- Remove equipment/excess clothing. Move to shade.
- Immerse athlete into cold ice water tub, stir water. "If no tub: cold shower or rotating cold, wet towels over the entire body"
- Monitor vital signs.
- Cool First, Transport Second.
 - Cool until rectal temperature reaches 102°F if ATC or MD is available.
 - If no medical staff, cool until EMS arrives.

ANYONE CAN SAVE A LIFE

Practice Policies

DIAA Regulation 1008/1009-4.2

ALL practice days (school and non-school day):

- One day of no activity per seven day period
- A minimum of 21 calendar days of practice prior to the first competition date
- Student must practice at least 7 calendar days prior to participating in a contest
- **DIAA Regulation 1008/1009-4.2**
 - School day practices limited to two (2) hours



Winter Season Play and Week Limits (HS)

- Winter sport practices start date: November 30, 2020
- 1st day of competition: December 21, 2020
- Winter sports playoffs: February 26- March 13
 - Student must practice at least 7 calendar days prior to participating in a contest

Swimming & Diving

- at least 10 dual meets - regular season
- this will be revisited at the December BOD meeting
- this number could change



Middle School found in 1008 FAQs on DIAA website.

DIAA POLICIES & PROCEDURES

Reporting

- Officials
- Sportsmanship
- COVID Related Feedback
 - *positive and negative observations*



DIAA POLICIES & PROCEDURES

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DIAA / Officials / Information for Officials

Edit Page

INFORMATION FOR OFFICIALS

Officials Main
Rules Clinic Information
OFFICIALS - FORMS
Resources

All ejection and sportsmanship incidents will be reported using the forms below. This form is to be completed by the official/officials association following an ejection. This form must be submitted to DIAA within 24 hours of completion of the contest. If you have questions regarding reportings, please contact Stephanie Mark stephanie.mark@doe.k12.de.us

[DIAA Incident Report Form](#)

Please use this form to report unsportsmanslike conduct behavior, fouls, cards, penalties and ejections.

[Sportsmanship Incident Report Form](#)

Please use this form to report all other sportsmanship incidents, including positive feedback of players, coaches or teams.

[COVID-19 Athletic Activity Reporting Form](#)

Please use this form to provide positive feedback, observations and/or concerns regarding COVID-19 protocols while attending DIAA athletic events.

Sportsmanship

The practice of good sportsmanship is one of the primary goals of interscholastic athletics.

1007.1.2.1.5.2 The function of the coach is to educate students through participation in interscholastic athletics. (.1) Demonstrate high ideals, good habits and desirable attitudes...

1007.1.2.1.5.4 Officials at an interscholastic athletic event are participants in the educational development of high school students. As such, they must exercise a high level of self-discipline, independence and responsibility.



Dragonfly - COS

<https://www.dragonflymax.com>

Center for Officials Services (COS)

**DIAA Officials - Registration, Tracking of DIAA
Requirements and Payments, Local Association
Requirements**



Dragonfly

Officials Registration Checklist:

- Create a profile
- Join DIAA & local association
- Upload concussion certificate
- NFHS Sport Exams
- NFHS & DIAA payments
- Local association requirements



Dragonfly

Troubleshooting:

- Email Association Contact
- CC: Steph Mark -
DIAA Coordinator
- www.dragonflymax.com
 - use HELP chat feature



Arbiter

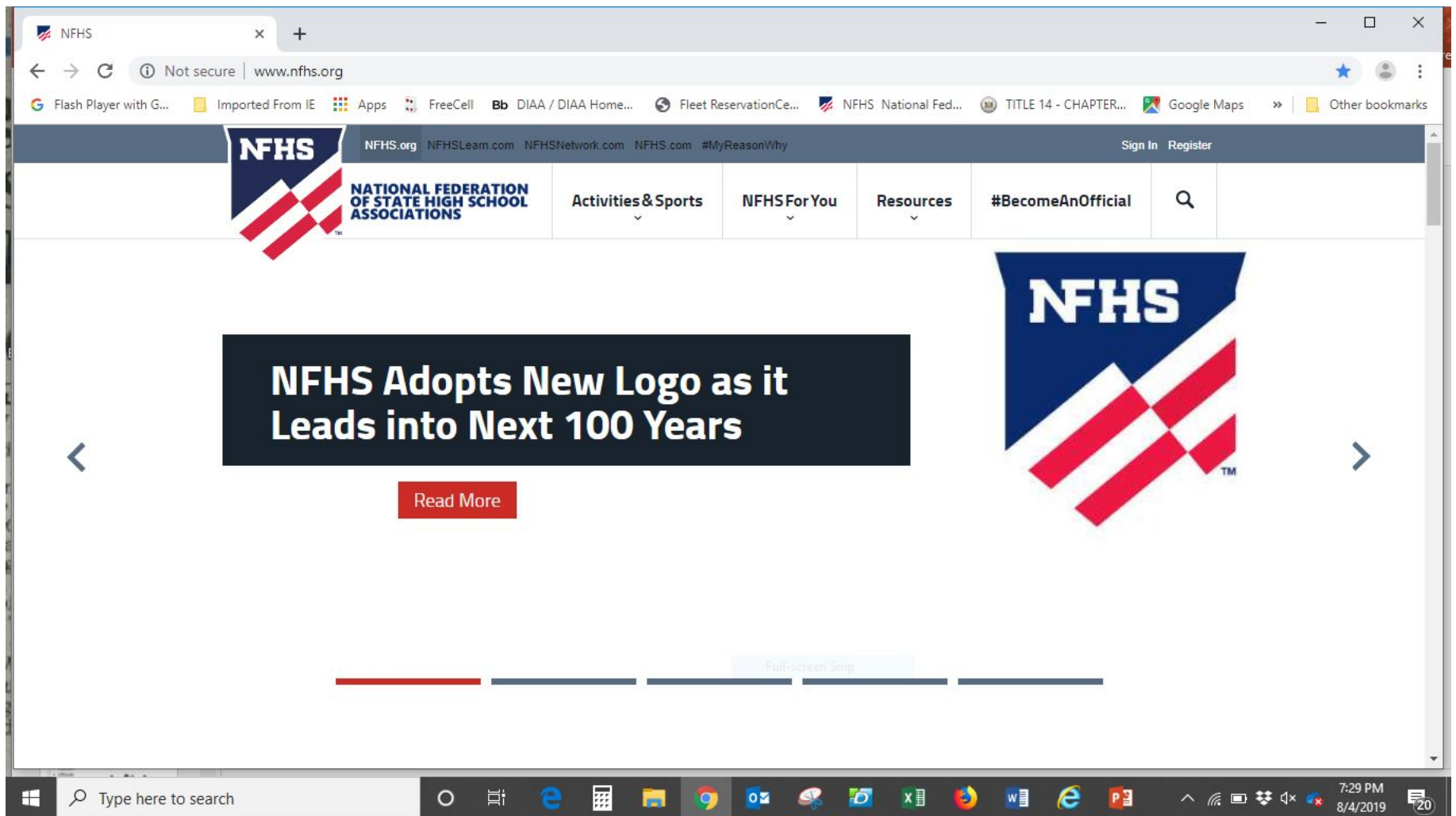
- Being used this season **only** for contest assigning
- ALL Officials registration done exclusively in DRAGONFLY



NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

- NFHS (located in Indianapolis, IN – Est. 1920):
 - National leadership organization for high school sports and fine arts activities;
 - National authority on interscholastic activity programs;
 - Conducts national meetings;
 - Sanctions interstate events;
 - Produces national publication for high school administrators;
 - National source for interscholastic coach training and national information center.






NFHS.org – all NFHS information

NFHS RULES BOOK AS E-BOOKS

National Federation of State High School Associations




GET NFHS RULES ON YOUR MOBILE DEVICE

Have you been without your printed rules book and needed to find an obscure rule quickly, make a note or highlight a rule?

E-books Features:

- Searchable
- Highlight Areas of Interest
- Make Notes
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 - Searchable
 - Highlight areas of interest
 - Make notes
 - Easy navigation
 - Adjustable viewing size
 - Immediate availability



NFHS LEARNING CENTER

WWW.NFHSLEARN.COM

Professional Development For ALL

- Coaches
- Officials
- Administrators
- Parents
- Students
- Performing Arts



WWW.NFHSLEARN.COM

FREE courses include:

- Bullying, Hazing and Inappropriate Behaviors
- Understanding Copyright and Compliance
- Hazing Prevention for Students
- **Concussion in Sports**
- Concussion for Students
- Heat Illness Prevention
- Sudden Cardiac Arrest
- Sportsmanship
- Coaching Unified Sports
- Positive Sport Parenting
- NCAA Eligibility



Social Media Profile

Facebook



Page: Delaware Interscholastic Athletic Association

Link: www.facebook.com/DelawareInterscholasticAthleticAssociation

Twitter



Page: DIAA

Handle: @DIAA_Delaware



Instagram

Handle: DIAA_de



Thank you for your support of
Interscholastic Athletics!

